

Westminster Community Primary School
Hot Weather Policy

High temperatures both outdoors and indoors may harm children's health. At Westminster we will use this policy to inform our work. We also recognise the importance of taking notice of Met Office/Local Authority alerts. These will be shared by the head teacher with staff as appropriate.

We know that some children may be more susceptible, e.g., those under four years of age, overweight, children with disabilities or complex health needs.

What are the health risks?

Children cannot control their body temperature as efficiently as adults during hot weather because they do not sweat as much and so can be at risk of ill-health from heat. In addition to **sunburn** there are three main risks:

1. Heat Stress

Children suffering from heat stress may seem out of character, or show signs of discomfort and irritability. These signs will worsen with physical activity and if left untreated can lead to heat exhaustion or heatstroke.

2. Heat Exhaustion

Symptoms may include:

tiredness
dizziness
headache
nausea
vomiting
hot, red, dry skin
confusion

3. Heatstroke

May occur if heat stress or heat exhaustion are left untreated, but may also occur suddenly and without warning. Symptoms may include

high body temperature
red, hot skin and sweating then suddenly stops
fast heartbeat
fast shallow breathing
confusion/lack of co-ordination
fits
loss of consciousness

If sensible precautions are taken children are unlikely to be adversely affected by hot conditions. The following control measures outline our approaches to heat and sun safety. We remind parents via our newsletter and discuss these points with our children as needed to ensure they can help pay attention to their own and others health.

If the above conditions are observed then we will initiate first aid cooling down procedures. Our first aiders are trained and we also follow government guidelines – see link. [Government Information Link](#)

Risk	Control Measure
Dehydration	<p>Children to be encouraged to bring clean water bottles to school daily.</p> <p>Access to water refill point encouraged and requests met.</p> <p>Children reminded about the importance of drinking with their meal at lunchtime.</p> <p>Additional water offered during lunchbreaks.</p> <p>Children to stay indoors until half past 12 to minimise outdoor time if cooler in hall.</p> <p>Consider use of field for lunch play if cooler/allows for more suitable activities.</p> <p>When there is a red weather warning outdoor playtime/PE/Events will not take place</p>
Sunburn/outdoor temperature	<p>Reminders given before playing out of the importance of limiting activity and using shade when temperatures are in excess of 30 degrees (or based on individual need).</p> <p>Children to use sunscreen if playing out or taking lessons outside for more than 20mins.</p> <p>Children encouraged to wear hats and loose clothing. Some children need to be reminded to remove their jumpers.</p> <p>Reapplication of sunscreen before lunchbreak.</p> <p>Specific attention is paid to children with heightened risks, e.g., skin that burns easily, birthmarks. Remember tops of ears when applying.</p>
Indoor temperature	<p>Open windows early in the morning to allow trapped heat to escape.</p> <p>Almost close windows when outdoor air becomes warmer than air indoors.</p> <p>Use blinds, but do not block window ventilation.</p> <p>Minimise use of electric lighting/electrical equipment where possible.</p> <p>Oscillating mechanical fans may be useful. Adults to remind children about Health & Safety around any fan.</p> <p>Adjust use of teaching spaces to use cooler areas where possible.</p>